





JUNE 2006 SENIOR REGULAR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>A Message from your FMAAA Dietitian:</u></p> <p>Cherries are now in season. They are a good source of Vitamin C and fiber. Including cherries in your low fat diet along with a colorful variety of fruits and vegetables will help you to maintain heart health, memory function, urinary tract health, and a lower risk of some cancers.</p>			1 Seasoned Chicken Quarter Baked Potato Sliced Carrots Dinner Roll Pineapple Tidbits	2 Enchilada Casserole Tossed Green Salad Corn Cantaloupe
5 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Diced Pears	6 Rigatoni w/ Meat Sauce Garden Salad Broccoli Normandy Dinner Roll Honeydew Melon	7 Chicken Fajitas w/Shredded Cheese Tossed Salad Corn Tropical Fruit	8 Frankfurter On a Bun Chili Beans Orange Juice Fresh Nectarine Graham Crackers	9 Hamburger Stroganoff w/Noodles Scandinavian Vegetables Apple Juice Apricots
12 Baked Chicken Thigh Rice Pilaf Three Bean Salad Vegetable Medley Pudding	13 Soft Beef Taco w/ Shredded Cheese & Lettuce Refried Beans Honeydew Melon	14  FLAG DAY Cheese Omelet Country Potatoes Orange Juice Biscuit San Joaquin Salad Dessert	15 Meatloaf w/ Gravy Mashed Potatoes Green Salad Wheat Bread Cantaloupe	16 Open-Faced Turkey Sandwich on Wheat Bread Baked Sweet Potato Apple Juice Pineapple Tidbits
19 Beef Patty w/ Swiss Sauce Mashed Potatoes Sliced Hot Carrots Dinner Roll Cookies	20 Seasoned Chicken Quarter Green Salad Seasoned Peas Dinner Roll Honeydew Melon	21 <i>First Day of Summer</i>  Sloppy Joe On a Bun Hi C Salad Mixed Vegetables Fresh Grapes	22 Tuna Salad on Wheat Bread w/ Shredded Lettuce Potato Salad Cantaloupe	23 Chili Con Carne Tossed Green Salad Apple Juice Corn Muffin Banana
26 Chicken Thigh W/Mushroom Sauce Pickled Beets Broccoli Normandy Biscuit Diced Peaches	27 Pork Rib-B-Q Hi C Salad Seasoned Green Beans Wheat Bread Diced Pears	28 Pepper Steak w/Gravy Tossed Green Salad Peas & Carrots Steam Rice Whole Orange	29 Cheeseburger w/ Shredded Lettuce & Pickle Chips Potato Salad Pudding	30 Soft Chicken Taco w/ Cheese on a Flour Tortilla Green Salad Refried Beans Cantaloupe

Funding through: Fresno-Madera Area Agency on Aging

All meals include 1% Fat Milk

Suggested Donation: \$1.50